

Foundations of Cree Ways of Knowing and Being

ARTS

Visual – Visual Arts includes artistic cultural teachings related to such things as carvings, paintings, drawings, and using environmental materials for artistic creations. All visual arts focus on visual appeal and aesthetics.

Performance – Performance arts include art that is physical in nature and relies on both auditory and/or visual presentation with physical elements. This includes music, dance and acting (e.g., dance as storytelling).

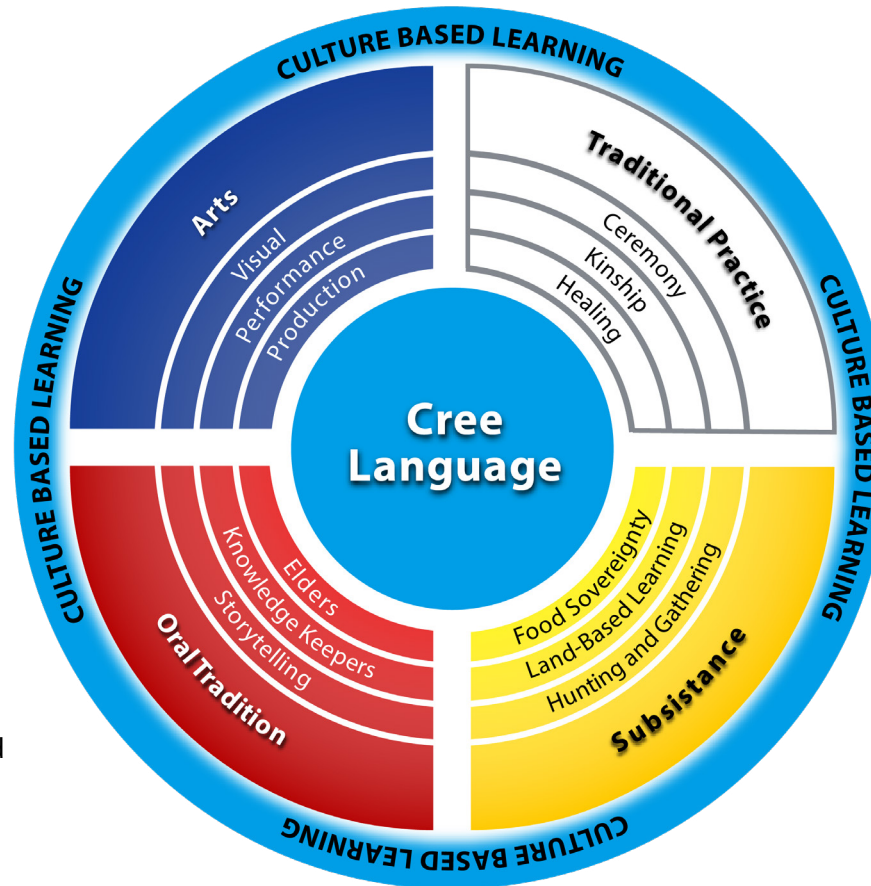
Production – This includes the production of a work not necessarily created specifically as art, but with definite artistic elements. This can include clothing, dance regalia, tools, and ceremonial items.

ORAL TRADITION

Storytelling – Storytelling is a key element in the transmission of language and culture. Storytelling can be classified in three primary genres: Trickster Stories, Creation Stories, and Star Stories. Storytelling is infused in all aspects of Cree foundational knowledge.

Knowledge Keepers – These are individuals with any specific Culture Based Learning knowledge, regardless of gender or age. These individuals embody the transmission of knowledge and culture through the guidance of Elders.

Elders – Elders are an integral part of all aspects of Culture Based Learning through being the carriers of all knowledge based in Language and Culture and in ensuring the transmission of generational knowledge.



TRADITIONAL PRACTICE

Ceremony – This includes such things as protocols, offerings, pipe ceremony, Sweatlodge and other time, gender, or occasion specific ceremonies.

Kinship – “Wahkotowin” or connections throughout all aspects of life: family, extended family, community, environment, living, and non-living things.

Healing – Physical, mental and spiritual health. Such practices as traditional medicines, homeopathic treatments, prayer and mediation, spiritual support, holistic health guidance, sports, gatherings and games, healthy living and self-care.

SUBSISTENCE

Hunting and Gathering – This refers to specific practices related to hunting, trapping, food preservation, food storage, and harvesting plants, herbs, medicines and berries for consumption.

Land-Based Learning – Using hunting and gathering as the motivation, land-based learning involves such things as stewardship, safety, on-the-land experiential learning, orienteering, tracking, plant and animal habitat and behaviour, and environment and climate.

Food Sovereignty – Hunting and gathering through Land-Based Learning practices that work in conjunction toward food security and food sovereignty.